Stress Management

Health Promotion Program

USA MEDDAC HEIDELBERG

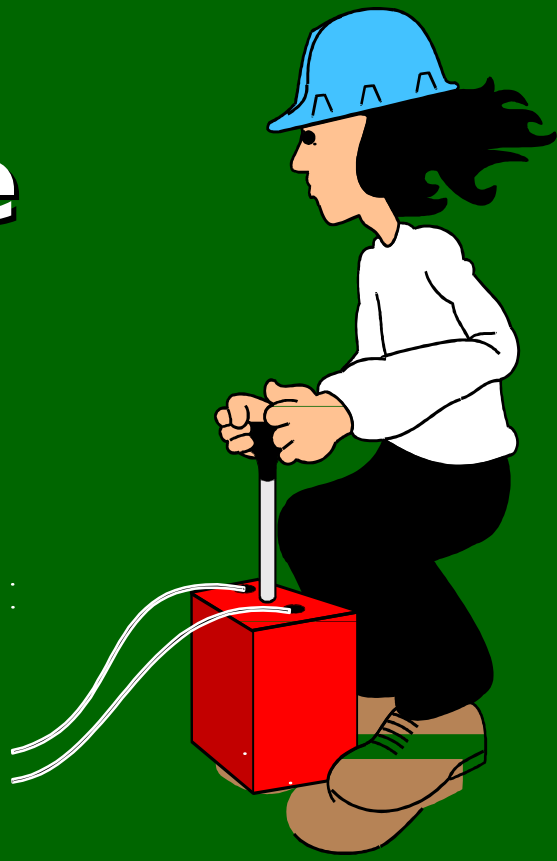
Stress Management

Stress is related to life events

We can't avoid it.

Definition of Stress

- Response to change
- Perceived threat
- Drains personal resources



Stress: Fight or Flight Response

- Adrenaline pumps
- Breathing speeds up
- Heart pounds
- Blood pressure jumps
- Muscles mobilize

Unrelieved Stress Leads to:

- Muscle and joint pain
- Stomach pain, indigestion
- Anxiety, tension, helplessness
- Anger, irritability, confusion

Understanding Stress

- Perspective
- Self-Talk
- Attitude

Short Circuiting Stress

- Mental
- Verbal
- Physical

I DON'T ASK MUCH...JUST THE SAME RESPECT THE OTHER GUYS GET
SLOB!
JERK!
FUDDY-DUDDY
BUFFOON!
BUNCHA IDIOTS!
9-13
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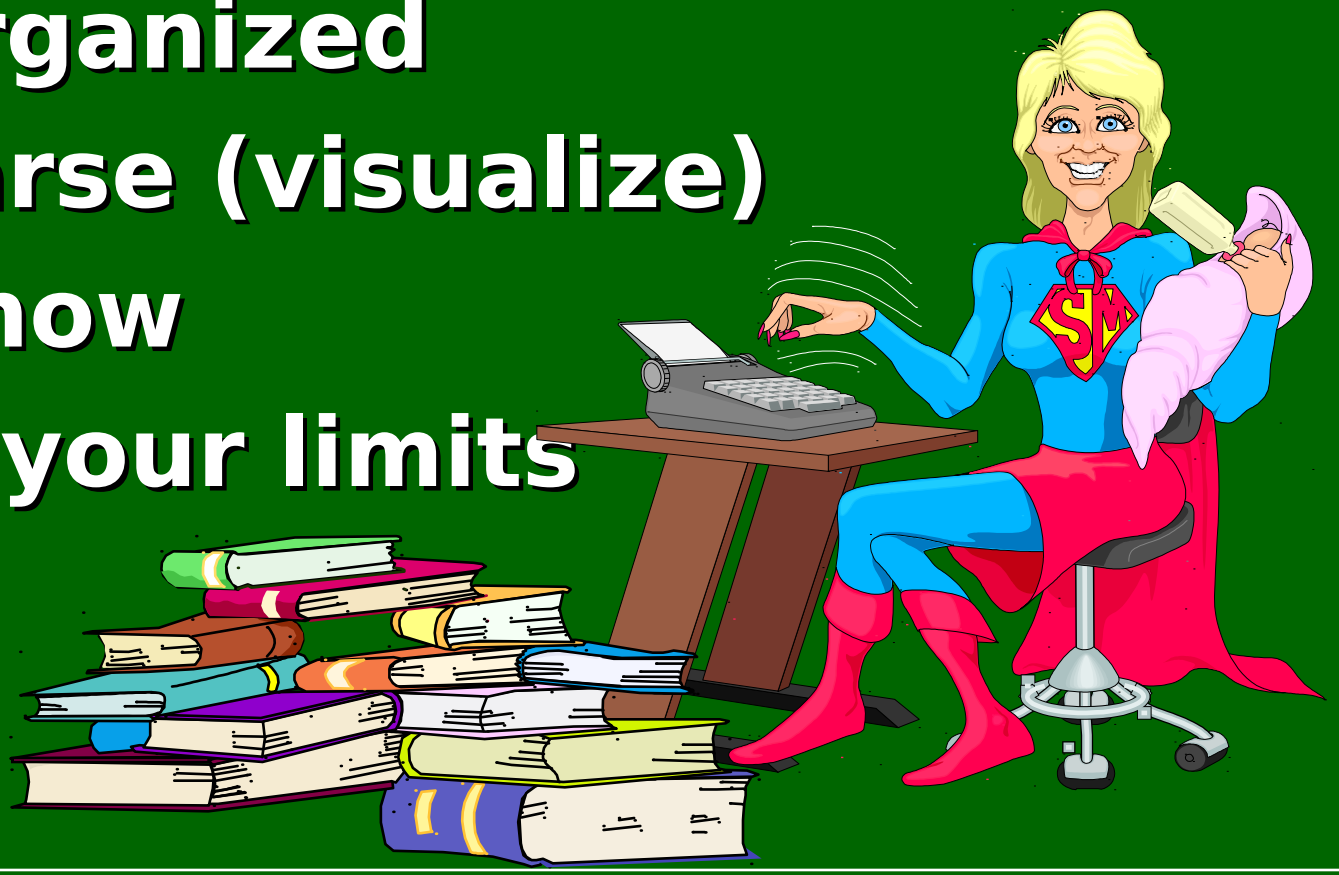
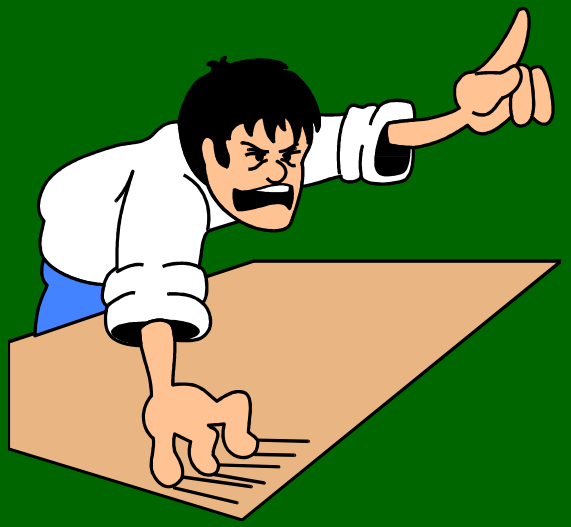
MORT WALKER

Stress Busters

- Get organized
- Rehearse (visualize)
- Do it now
- Know your limits



Stress Busters



- Change your attitude
- Talk it over
- Take a break
- Learn to say “No”

Stress Busters

- Schedule your stress
- Treat your body right
- Positive self-talk
- Take charge

Stress Busters

- Develop a sense of humor
  - Laugh
  - Distract
  - Heal

Communication Tips

- Prepare your ideas
- Don’t interrupt
- Don’t discuss when tired
- Be sensitive to moods

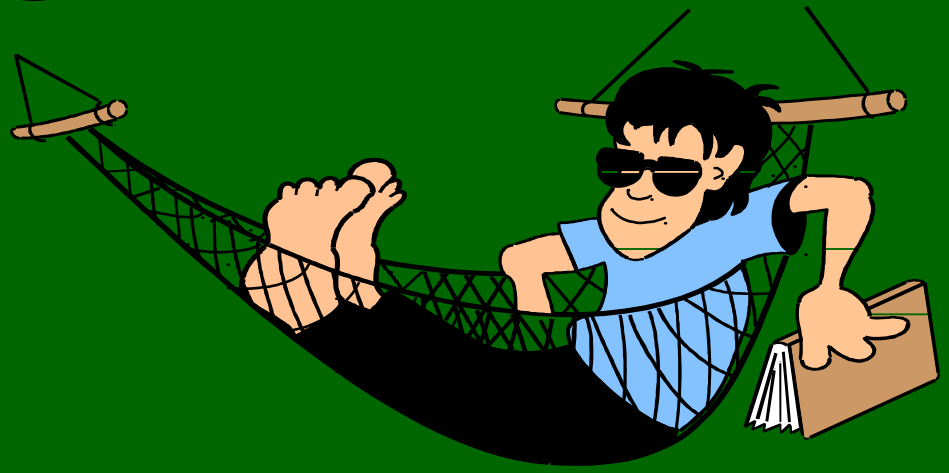
Communication Tips

- Pay attention
- Look them in the eye
- Ask appropriate questions
- Take notes, if needed

Guided Imagery Helps

- Overcome shyness
- Improve communication
- Improve confidence
- Improve athletic ability

Relaxation



- Techniques
- Positive results

Summary

- You're in charge!
- Face your stressors
- Success comes from practice